



Saratoga County Office for the Aging

December 2014

# The Senior Sentinel

884-4100

885-5381

863-6112

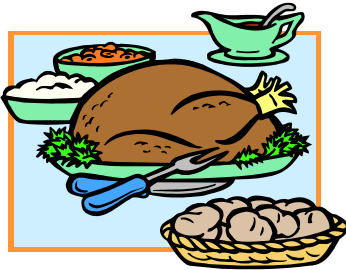
587-8653

654-9003

798-0231

## HOLIDAY DINNER

In honor of the holiday season we will have our Christmas Special on  
**Thursday, December 18th** at our congregated dining locations featuring:



Stuffed Chicken Breast  
Sour Cream and Chive Mashed Potatoes  
Glazed Carrots  
Dinner Roll  
Black Forest Cake

Reservations are required – please sign up at least 24 hours in advance. Registration forms must be completed by each participant annually. Suggested donation is \$2.00 for those age 60 and over. For those under 60 years of age there is a \$6.00 fee. Please call 884-4100 or 363-4020 for additional information, and for phone numbers of locations to make a reservation.

Our regular meals served Monday through Friday offer a hot, nourishing meal supplying one-third of the Recommended Daily Allowance. Coffee, tea and milk are also available at the meal sites. Reservations are required.

*The Saratoga County Office for the Aging wish all of you and yours a **Happy, Healthy and Safe** Holiday Season.*



***The Office for the Aging will be CLOSED  
Thursday, December 25, 2014 for Christmas  
and  
Thursday, January 1, 2015 for New Year's.***

### ***Nutritional Program Weather Closing***

*If the home delivered meals are canceled, the information will be listed on your local T.V. stations under **Saratoga County Senior Meals.***



## From our Dietitian:

### Holiday Power Foods

Although a healthful diet is really defined by the total diet, including power foods (also called super foods) can provide variety and nutrients to your diet. Power foods are foods that provide significant health benefits that go beyond basic nutrition. Without realizing it, some foods that we tend to enjoy around the holidays fall into this “power food” category. Let’s have a look at some of these foods and the health benefits they may offer.

**-Nuts-**Such as pecans, walnuts, and almonds pack much nutrition in a small package. All nuts are a great source of heart healthy fats, minerals and the antioxidant Vitamin E. Don’t pass over Brazil nuts from the nut tray. Brazil nuts are high in the anti cancer trace mineral selenium that also promotes DNA repair and boosts immunity. As nuts are calorically dense, watch portions and keep in mind that just 2 Brazil nuts per day will allow you to meet selenium requirements

**-Butternut Squash-**This flavorful fruit (yes fruit) is an exceptional source the antioxidant beta carotene which converts to vitamin A. Although often overlooked, it is also a great source of bone building calcium.

**-Onions-**An ingredient that may be in your stuffing, onions (as well as garlic) contain sulfur compounds that thin your blood and lower blood pressure. Quercetin in onions helps prevent oxidation of “bad” cholesterol and defends against cataracts and cancer. For maximum quercetin choose red, then yellow, then white onions.

**-Red Wine, Purple Grape Juice and Grapes-**Will you enjoy a glass of red wine over the Holidays? The skins of red and purple grapes contain resveratrol which is an antioxidant that may reduce the risk of heart disease, by preventing changes in the blood that may contribute to atherosclerosis and help prevent the development of certain cancers.

**-Sweet Potatoes-**This sweet super food is packed with beta carotene notable for offering protection for our eyes and skin. These tubers also contribute vitamin C, folate, calcium, and manganese to the diet. According to Harvard’s glycemic index, sweet potatoes are low on the glycemic index scale and will not raise blood sugar and insulin levels as much as white potatoes.

**-Dark Chocolate-**Recent studies from 2013 suggest that this Holiday treat has a protective effect against heart disease. It may help lower blood pressure and cholesterol and protect the heart by improving heart function and insulin resistance. Dark chocolate and cocoa are high in flavonols which may have protective effects against cognitive decline, including dementia and stroke. Again, the calories and fat can add up quickly in this treat so it is best to keep portions small at about 1 ounce. Look for dark chocolate that has a 70% or higher cocoa content if your palate will allow. This will provide the highest health protecting flavonol content.

**Medicare’s Monthly Tip:** Don’t wait—December 7th is the last day you can change your Medicare plan!!

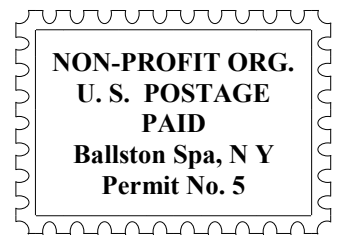
### RSVP Senior Transportation Service

Saratoga County provides free medical transportation for Saratoga County Seniors through the Retired Senior Volunteer Program (RSVP). To qualify you must be 60 years of age or older and must be able to access the vehicle on your own.

This transportation goes to medical appointments in Glens Falls, Albany, Latham, Troy, Clifton Park and Schenectady on a set schedule. For more information or to register for this service call 884-4100.

Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, N. Y. 12020

Return Service Requested



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*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,  
New York State Office for the Aging, the County of Saratoga and local Municipalities*

**A little bit of this and that:**

Each year in December, the Social Security Administration will mail Social Security Beneficiary recipients an award letter. When you receive that letter from Social Security please **KEEP** it and put it in a **SAFE** place. The information is utilized in many different programs that you may apply to.

**HEAP** is a federally funded program that **assists** low income households with the cost of heating their homes during the winter months. The 2014-2015 program began in November. Households who received a HEAP grant last year should have received an application in the mail by now. If you have not yet received one or are a new applicant interested in applying, please contact the Office for the Aging at 884-4100.

There are **no health screenings** offered by the Saratoga County Public Health and the Office for the Aging for the month of **December and January**. Health screenings will resume in February 2015.

Flu season is here and it is important to receive your influenza vaccine for the 2014-2015 season now. The CDC says **“Take 3” Actions** to fight the flu:

**Take time to get a flu vaccine-** a yearly flu vaccine is recommended as the first and most important step in protecting against the flu

**Take every day preventions actions to stop the spread of germs-**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

**Take anti-viral drugs if your doctor prescribes them-** if you get the flu, antiviral drugs can treat your illness and can make the illness shorter and milder and may also prevent serious flu complications.